

Lori Garner

Certified Pilates Instructor

Lori Garner has been in the fitness field for well over 15 years. She began her weight training career in 1997, then added Pilates to her certification list in 1999. She enjoys helping each of her clients reach their goals by teaching them the importance of physical activity, flexibility and core strength through her dynamic fitness routine. She holds certifications from the Align Studio in Tarzana, CA from Quinton Josephy, The Ron Fletcher Program of Study and from Centerworks Pilates in Wichita, Kansas. Her extensive experience both professional and personal has created a long list of happy clients.



Pray more. Fear less. Live better.